Smith Senior Center — JULY 2015

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
<u>A.H.O.Y.</u>	<u> </u>		-		1 8:15 Water Aerobics*	Pool	2		3	4
Smith Senior Center M, W, Th, S 9:15 am					8:30 Better Balance Class	Rm 2	8:15 Water Aerobics*	Pool		•
W 5:30 pm					9:15 AHOY	Gym	8:30 Better Balance Class	Rm 1	Center Closed	Center Closed
Lewis Center W 9:15 am					10:00 Table Tennis	Rm 2	9:15 AHOY	Gym		
Leonard Center M, F 10:30 am					10:00 Basketball Open Play	Gym	9:45 Senior Swim	Pool	for	for
Brown Center Tu, Th 9:15 am					10:00 Water Arthritis Class* 12:00 4th of July Cookout*	Pool Outside	10:00 Legal Services*	Rm 2	July 4th	July 4th
Peeler Center Tu, Th 10:30 am Sportsplex Tu, F 9:15 am					1:00 Quilt Project	Rm 1	10:00 'Spite & Malice' Cards I	Lounge		
Griffin Center Tu, Sat 10:30 am					2:00 Senior Swim	Pool	11:00 Water Aerobics*	Pool		
Lindley Center Tu, Th 2:15 pm					5:00 Water Aerobics*	Pool	2:00 Senior Swim	Pool		
,					5:30 AHOY Boot Camp	Gym				
5	6		7		8 8:15 Water Aerobics*	Pool	9		10	11
	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	8:30 Better Balance Class	Rm 2	8:15 Water Aerobics*	Pool	9:15 Chair Yoga Gym	9:00 Arthritis Class Rm
Enjoy coffee in the Lounge	8:30 Better Balance Class	Gym	9:00 S.M.A.C.	Rm 2	9:15 AHOY	Gym	8:30 Better Balance Class	Rm 1	10:00 Bocce/Horseshoes Outside	9:15 AHOY Gyr
Monday - Friday	9:15 AHOY	Gym	9:45 Senior Swim	Pool	10:00 Group Drumming Class	Rm 1	9:15 AHOY	Gym	10:00 Cornhole/Shuffleboard Gym	
9 am - 12 noon	10:00 Water Arthritis Class*	Pool	11:00 Water Aerobics*	Pool	10:00 Table Tennis 10:00 Basketball Open Play	Rm 2	9:45 Senior Swim	Pool	10:00 Water Arthritis Class* Poo	
9 aiii - 12 110011	10:00 Honey Bee Helpers 10:00 Pickleball	Rm 1 Rm 2	11:30 Chair Yoga	Gym	10:00 Water Arthritis Class*	Gym Pool	10:00 Nutrition Seminar	Rm 1	10:30 Yoga on the Mat Rm 2	
	2:00 Senior Swim	Pool	1:00 Quilting Class*	Rm 1	1:00 Quilt Project	Rm 1	10:00 'Spite & Malice' Cards I	Lounge	11:30 Senior Swim Poo	
	5:00 Water Aerobics*	Pool	2:00 Senior Swim	Pool	2:00 Senior Swim	Pool	11:00 Water Aerobics*	Pool		
	5:00 T.O.P.S. Meeting	Rm 1	5:30 Full Body/Strength Class	Rm 2	5:00 Water Aerobics*	Pool	1:30 Osteoporosis Group	Rm 2		8:00 Greensboro Social Dance—
	5:45 Beginner Zumba!	Gym	5:45 Water Fitness Class*	Pool	5:30 AHOY Boot Camp	Gym	2:00 Senior Swim	Pool	5:00 Table Tennis Gym	Lewis Rec. Cente
	6:00 Grief Support Group	Rm 2	6:15 Line Dance Class	Gym	6:00 Hearing Loss Group	Rm 1	5:45 Water Fitness Class*	Pool		
12	13 8:15 Water Aerobics*	Pool	14 8:15 Water Aerobics*	Pool	15		16		17	18
	8:30 Better Balance Class	Gym	9:00 S.M.A.C.	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*	Pool	,	9:00 Arthritis Class Rm 2
	9:15 AHOY	Gym	9:45 Senior Swim	Pool	8:30 Better Balance Class	Rm 2	8:30 Better Balance Class	Rm 2	10:00 Bocce/Horseshoes Outside	9:15 AHOY Gyr
Registration Required	10:00 Water Arthritis Class 10:00 Honey Bee Helpers	Pool Rm 1	10:00 Hearing Seminar	Rm 1	9:15 AHOY 10:00 Genealogy Class	Gym Rm 1	9:15 AHOY	Gym	10:00 Shuffleboard/Cornhole Gym	
		Rm 2	11:00 Water Aerobics*	Pool	10:00 Table Tennis	Rm 2	9:45 Senior Swim	Pool	10:00 Water Arthritis Class* Poo	
		Rm 1	11:30 Chair Yoga	Gym	10:00 Basketball Open Play	Gym	10:00 'Spite & Malice' Cards I	_	10:30 Yoga on the Mat Rm 2	
	2:00 Senior Swim	Pool	2:00 Senior Swim	Pool	10:00 Water Arthritis Class*	Pool	11:00 Water Aerobics*	Pool	11:30 Senior Swim Poo	
	5:00 Water Aerobics*	Pool	5:30 Full Body/Strength Class	Rm 2	1:00 Quilt Project	Rm 1	2:00 Senior Swim	Pool	2:00 Peach Ice Cream Day Rm 1	
	5:00 T.O.P.S. Meeting	Rm 1	5:45 Water Fitness Class*	Pool	2:00 Senior Swim	Pool	5:45 Water Fitness Class*	Pool		
	5:45 Beginner Zumba!	Gym	6:15 Line Dance Class	Gym	5:00 Water Aerobics*	Pool			5:00 Table Tennis Gym	
	6:00 Grief Support Group	Rm 2			5:30 AHOY Boot Camp	Rm 2				
19	20		21 8:15 Water Aerobics*	Pool	22		23		24	25
	8:15 Water Aerobics*	Pool	9:00 S.M.A.C.	Rm 2	8:15 Water Aerobics*	Pool	8:15 Water Aerobics*		9:00 Smith Mtn Lake Trip Sign-ups	9:00 Arthritis Class Rm 2
	8:30 Better Balance Class	Gym	9:30 Bingo 9:45 Senior Swim	Rm 1 Pool	8:30 Better Balance Class 9:15 AHOY	Rm 2 Gym	8:30 Better Balance Class			9:15 AHOY Gyr
	9:15 AHOY	Gym	11:00 Water Aerobics*	Pool	10:00 Group Drumming Class	Rm 1	9:15 AHOY	Gym	10:00 Bocce/Horseshoes Outside	
	10:00 Water Arthritis Class*	Pool	11:30 Chair Yoga	Gym	10:00 Table Tennis	Rm 2	9:45 Senior Swim	Pool	10:00 Cornhole/Shuffleboard Gym	
		Rm 1	12:00 Lunch Bunch*	Van	10:00 Basketball Open Play	Gym	10:00 'Spite & Malice' Cards I	_	10:00 Water Arthritis Class* Poo	
		Rm 2	1:00 Quilting Class*	Rm 1	10:00 BP & Glucose Checks	Lounge	10:15 Caregiver Wellness Sem.* 11:00 Water Aerobics*	Rm 1 Pool	10:30 Yoga on the Mat Rm 2 11:30 Senior Swim Poo	
	2:00 Senior Swim 5:00 Water Aerobics*	Pool Pool	1:00 Living Healthy Class*	Rm 2	10:00 Water Arthritis Class*	Pool	1:00 Water Aerobics* 1:00 Coffee Filter Wreath Class*	Rm 1	11:30 Senior Swim Poo	
			2:00 Senior Swim 5:30 Full Body/Strength Class	Pool Rm 2	1:00 Quilt Project 2:00 Senior Swim	Rm 1 Pool	2:00 Senior Swim	Pool		
	5:45 Beginner Zumba!	Gym	5:45 Water Fitness Class*	Pool	5:00 Water Aerobics*	Pool	5:45 Water Fitness Class*	Pool	5:00 Table Tennis Gym	
	3.43 Degimer Zumba:	Gyiii	6:15 Line Dance Class	Gym	5:30 AHOY Boot Camp	Gym	3113 Water Filless class		3.00 Table Tellilis Gylli	
26	27 8:15 Water Aerobics*	Pool	28		29 8:15 Water Aerobics*	Pool	30		31	
	8:30 Better Balance Class		8:15 Water Aerobics*	Pool	8:30 Better Balance Class	Rm 2	8:15 Water Aerobics*	Pool	9:15 Chair Yoga Gym	
	9:15 AHOY	Gym	9:00 S.M.A.C.	Rm 2	9:15 AHOY	Gym	8:30 Better Balance Class		10:00 Bocce/Horseshoes Outside	
	10:00 Water Arthritis Class*			Pool	8:30 Trip to Wytheville*	Bus	9:15 AHOY	Gym	10:00 Cornhole/Shuffleboard Gym	
	10:00 Honey Bee Helpers	Rm 1	11:00 Water Aerobics*	Pool	10:00 Table Tennis	Rm 2	9:45 Senior Swim	Pool	10:00 Water Arthritis Class* Poo	
	10:00 Pickleball	Rm 2	11:30 Chair Yoga	Gym	10:00 Basketball Open Play	Gym	10:00 Computer Seminar	Rm 1	10:30 Yoga on the Mat Rm 2	
	2:00 Senior Swim 5:00 Water Aerobics*	Pool Pool	1:00 Quilting Class* 1:00 Living Healthy Class*	Rm 1 Rm 2	10:00 Water Arthritis Class* 1:00 Quilt Project	Pool Rm 1	10:00 'Spite & Malice' Cards I		1	
	5:00 T.O.P.S. Meeting	Rm 1	2:00 Senior Swim	Pool	2:00 Senior Swim	Pool	11:00 Water Aerobics*	Pool	12:00 Lasagna Day Lunch* Rm 1	
	5:45 Beginner Zumba!	Gym	5:30 Full Body/Strength Class	Rm 2	5:00 Water Aerobics*	Pool	2:00 Senior Swim	Pool	5:00 Table Tennis Gym	